

Patent Application of

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For

**TITLE: WEIGHTED EXERCISE VEST WITH WEBBING POCKETS,
ATTACHED HYDRATION PACK AND BODY COOLING SYSTEM**

CROSS-REFERENCE TO RELATED APPLICATIONS

Claim to priority of PPA, article number 70022030000022720216

FEDERALLY SPONSORED RESEARCH Not Applicable

SEQUENCE LISTING OR PROGRAM Non applicable

BACKGROUND OF THE INVENTION – FIELD OF INVENTION

This invention relates to weighted vests for athletic training and testing.

BACKGROUND OF THE INVENTION

Current and earlier weighted vests are constructed of conventional fabrics for main body, lining and weight containing pockets. Specifically, they have pockets made of nylon fabric or heavy cotton duck materials. Such weighted vests are prone to rapid wear and tear, especially and specifically at the pockets which contain the weights.

Current and past weighted vests do not have hydration systems attached to aid the wearer in fighting dehydration during strenuous athletic activity. Current and

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earlier weighted vests require the wearer to put on a hydration pack or bottle pack in addition to the weighted vest if fluids were needed.

Current and past weighted vests do not have freezable, removable cooling packs to help keep the wearer cool during strenuous athletic activity. Various materials are used to manufacture weighted vests, but none provide a substantial cooling effect. Weighted vests trap body heat during exercise or physical exertion, especially in warm or hot climates. No weighted vest has a cooling system added to it which can be frozen and inserted in to compartments to give the wearer a cooling effect.

BACKGROUND OF INVENTION – OBJECTS AND ADVANTAGES

A weighted vest having a plurality of webbing material pockets to dramatically increase the useful life of the vest. A weighted vest which also consists of an attached hydration pack to facilitate life supporting and hydrating fluids to the wearer. And further more, a weighted vest consisting of removable, freezable cooling packs to help keep the wearer cool during physical activity.

SUMMARY

A weighted vest having webbing material pockets, an attached / attachable hydration pack and removable, freezable cooling packs.

DRAWINGS - FIGURES

Figure 1 is an isometric view of a weighted vest with a plurality of webbing-material pockets and attached hydration pack.

Figure 2 is a webbing-material pocket detail.

Figure 3 is an isometric view of a weighted vest depicting inserted cooling packs.

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Figure 4 is an alternate view of a weighted vest depicting inserted cooling packs.

Figure 5 is a bottom view of a weighted vest depicting front and back sleeves designed to accommodate removable, freezable cooling packs.

Figure 6 is a cut-away view of the back of a weighted vest depicting a removable, freezable cooling pack.

Figure 7 is a cut-away view of the front of a weighted vest depicting a removable, freezable cooling pack.

DRAWING – REFERENCE NUMERALS

10	weighed vest	12	cool pack container
14	wearer	16	cool pack material
18	hydration pack fastener	20	hydration pack
22	fluid delivery tube	24	second hydration pack fastener
26	hook and loop fastener	28	belt webbing material flap
30	belt webbing horizontal portion	32	belt webbing vertical portion
34	weighted vest material	36	fill able bladder
38	weight		

DETAILED DESCRIPTION – PREFERRED EMBODIMENT

Figure 1 shows a weighted vest (10) with an attached hydration pack (20) to provide fluids to the wearer during physical exertion. The hydration pack (20) contains a fill able bladder (36) which has a delivery tube (22) used to facilitate fluids to the wearer during physical exertion.

Figure 2 shows a pocket constructed from belt webbing attached to a weighted vest. The pocket consists of a horizontal portion (30), a vertical portion (32) which is

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attached to the horizontal portion (30) and a containment flap (26) designed to attach to the vertical webbing portion (32) to keep the weight (38) from escaping. The horizontal webbing (30) resists the lateral forces of the weight (38). The vertical webbing (32) resists the vertical forces of the weight (38).

Figure 3 shows an isometric view of a weighted vest (10) containing a freezable, removable material (16) inside a special compartment (12) located inside the weighted vest (10) so as to be in a position to provide cooling to the wearer during physical exertion.

Figure 4 shows an expanded isometric view of a weighted vest (10) containing a freezable, removable material (16) inside a special compartment (12) located inside the weighted vest (10) so as to be in a position to provide cooling to the wearer during physical exertion.

Figure 5 shows a fully opened view of a weighted vest (10) containing two freezable, removable materials(16) inside a special compartment (12) located inside the weighted vest (10) so as to be in a position to provide cooling to the wearer during physical exertion.

Figure 6 shows a cut-away, back-view of a freezable, removable material (16) inside a weighted vest (10) inside a special compartment (12) located inside the weighted vest (10) so as to be in a position to provide cooling to the wearer during physical exertion.

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Figure 7 shows a cut-away, front-view of a freezable, removable material (16) inside a weighted vest (10) inside a special compartment (12) located inside the weighted vest (10) so as to be in a position to provide cooling to the wearer during physical exertion.

OPERATION

Figure 1 – “Operation of a weighted vest with an attachable hydration pack”. A weighted vest for physical exertion resistance is greatly enhanced when a hydration pack is attached directly to the weighted vest. This feature gives the wearer the ability to derive fluids during physical exertion to help prevent hydration. The hydration pack can be permanently attached or can be removed. The wearer of the weighted vest does not need to don a separate hydration system because the hydration pack is connected to the weighted vest directly.

Figure 1 & Figure 2 – “Operation of a weighted vest with belt-webbing pockets”. A weighted vest with belt-webbing pockets designed to hold individual weights. Belt-webbing pockets on a weighted vest provide superior abrasion resistance and increased durability over regular fabric pockets. A webbing flap is opened and a weight is inserted inside a webbing pocket, then the flap is attached with hook and loop fasteners to the webbing pocket, holding the weight securely in place. Belt-webbing is much thicker and much more substantial than current fabrics used to manufacture weighted vest pockets.

Figures 3,4,5,6 & 7 – “Operation of a weighted vest with internal cooling packs”. A weighted vest with freezable, insertable cooling packs to help keep the wearer cooler during physical exertion. Individual pocket liners located on the inside

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front and back panels of a weighted vest hold freezable, removable cooling packs. Each cool pack is freezable, compact and insert able, preferably thin in profile and covering approximately 75% of the weighted vest area front and back. The weighted vest liner is made of a material such that the cooling effect can take place, and that the wearer can feel the cooling, thus benefiting thereby.

CONCLUSIONS -RAMIFICATIONS-SCOPE

Conclusions include a weighted vest for physical exertion activities having an attached hydration pack and/or freezable, insert able, removable cooling materials located inside containment compartments front and back, to help keep the wearer hydrated and cool. During strenuous resistance training, especially in hot climates, while wearing a weighted vest, the wearer can become extremely dehydrated and overheated. The benefits of this weighted vest described are substantial to the wearer. Immediate and enduring hydrating fluids and temperature lowering properties of the hydration pack and cooling packs respectively, give the wearer added control over these external and circumstantial conditions. Further, a weighted vest comprising webbing pockets to give the pockets of the weighted vest substantial abrasion and wear resistance properties, thus extending the useful life of the weighted vest. Weighted vests are heavy by design and are often coming in contact with other objects during and after physical exertion. Some of the objects a weighted vest can come in contact with include the ground, car trunks, counter tops, hard-surfaced steps, sidewalks, gym floors, and so forth. Webbing pockets are capable of greater abrasion resistance due in part to the volume of threads per square inch as compared to fabric in a cross-sectional sampling.